

THE CLAIMS

What is claimed is:

1. A cosmetic composition comprising an active ingredient comprising a fatty acid or an antiandrogenic sterol from *Serenoa* or from *Cucurbita* seeds in a therapeutically effective amount sufficient to provide a retarding action on the growth of superfluous hair.
2. The composition of claim 1, further comprising anti-inflammatory or vasal protective agents.
3. The composition of claim 2, wherein the anti-inflammatory or vasal protective agents comprise at least one of: triterpenes from liquorice; saponins from a horse chestnut plant; triterpenes from *Terminalia sericea*; isobutylamides from *Zanthoxylum bungeanum*; gingkoflavoneglucosides and terpenes from *Ginkgo*; polyphenols from grapes seeds; anthocyanosides from bilberries; saponins from butcher's broom; or a mixture thereof.
4. The composition of claim 3, wherein each anti-inflammatory or vasal protective agent is present in an amount from about 0.1% to about 3% by weight.
5. The composition of claim 1, which comprises a *Serenoa repens* extract and at least two anti-inflammatory or vasal protective agents.
6. The composition of claim 1, wherein comprises a *Cucurbita pepo* extract and at least two anti-inflammatory or vasal protective agents.
7. The composition of claim 1, further comprising a pharmaceutically or cosmetically acceptable carrier, excipient, or adjunct, which can form a complex with the active ingredients, thereby improving absorption or effectiveness.
8. The composition of claim 7, wherein the carrier comprises a phospholipid.
9. The composition of claim 1, wherein the active ingredient(s) are present in an amount from about 0.1% to about 3% by weight.

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10. The composition of claim 1, wherein the composition is in the form
of a liquid, a solid, or a semi-solid.

11. The composition of claim 1, wherein the composition is in the form
5 of a lotion, a milk, a solution, an emulsion, a cream, a paste, a gel, a foam, or a combination
thereof.

12. The composition of claim 1, which further comprises one or more
conventional depilatory agents.

10 13. The composition of claim 12, wherein the one or more conventional
depilatory agents comprise a thiol derivative; thioglycolic or thiolactic acid, or an alkali or
alkaline-earth metal salt thereof; ethanolamine thioglycate; aminoethanethiol;
mercaptopropionic acid; thioglycic or thioacetic acid; barium sulfate; or a mixture thereof.

15 14. The composition of claim 1, which further comprises a conventional
depilation accelerator.

15. The composition of claim 14, wherein the conventional depilation
20 accelerator comprises a urea, a thiourea, or a biguanide, or a combination thereof.

16. A cosmetic treatment method, which comprises applying to a region
of the body having superfluous hair a composition comprising an active ingredient
comprising a fatty acid or an antiandrogenic sterol from *Serenoa* or from *Cucurbita* seeds in
25 a therapeutically effective amount sufficient to provide a retarding action on the growth of
superfluous hair.

17. The cosmetic treatment method of claim 16, wherein from about 0.01
mL to about 0.1 mL of the composition is applied per square centimeter of skin area.

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